

Sleep & Health Seminar



Date	Time	Venue	Host	Speaker	Title
11.9.2026	12.15 - 13.15	online	Caroline Lustenberger, PhD	Christian A. Mikutta, MD University Hospital of Psychiatry and Psychotherapy, University of Bern, Bern, Switzerland	<i>Coordinated Brain–Heart Dynamics During Human NREM Sleep</i>
2.10.2026	12.15 - 13.15	in person University Hospital Zurich Frauenklinikstrasse 10 NORD1 C 301	Hans-Peter Landolt, PhD	Lucija Blaževski, MSc Department of Sleep and Cognition, Netherlands Institute for Neuroscience, Amsterdam, the Netherlands	<i>The sleeping brain and emotional recovery: From neurobiological mechanisms to clinical outcomes</i>
27.11.2026	12.15 - 13.15	in person University Hospital Zurich Frauenklinikstrasse 26 HAL A34 (Aud. Monakow)	Sara Fattinger, MD, PhD	Laurent Sheybani, MD, PhD Department of Clinical Neurosciences, Geneva University Hospitals and University of Geneva, Geneva, Switzerland	<i>High-frequency oscillations, excitability and sleep-wake modulation</i>
11.12.2026	15.30 - 16.30	online	Simon Schreiner, MD	Fabian-Xosé Fernandez, PhD Department of Psychology, University of Arizona, Tucson, AZ, USA	<i>Amyloid-β as a cytokine-like somnogen: Rethinking its role in sleep homeostasis and Alzheimer's disease</i>
15.1.2027	12.15 - 13.15	online	Simon Schreiner, MD	Laura Stankeviciute, PhD Department of Psychiatry and Neurochemistry, Sahlgrenska Academy, University of Gothenburg Gothenburg, Sweden	<i>Sex differences in sleep, ageing and Alzheimer's disease</i>
5.2.2027	12.15 - 13.15	in person University Hospital Zurich Frauenklinikstrasse 26 HAL A34 (Aud. Monakow)	Sarah Schoch, PhD	Lampros Perogamvros, MD Department of Psychiatry, Faculty of Medicine, University of Geneva, Geneva, Switzerland	<i>The neural correlates and functions of dreams</i>

Organization:

Sleep Health Alliance Zurich (SHA2)

www.sleep.uzh.ch

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Autumn Semester 2026/2027

Partner:

